



CERTIFICATE OF COMPLETION



has successfully completed the requirements for

_____ **SEAL**

CITY SEAL

- Streamline + flip turn
- 25m Freestyle
- 25m Backstroke
- 15m Head up dribble with ball
- 15m 5x 360° turns

PROVINCIAL SEAL

- 25m Breaststroke
- 100m Freestyle
- 15m with 5 transfers of the ball
- 15m 3 transfers + throws with the ball
- 15m Sliding with the ball

NATIONAL SEAL

- 200m Front crawl
- 25m Trudging (2-for-1)
- 25m Trudging (1-for-1)
- 25m Water Polo Backstroke
- 5 Catch and throw of ball
- Participate in a Community League Game

WORLD SEAL

- 400m Front crawl
- 25m Butterfly double kick
- 15s eggbeater arms up
- 50m with a teammate, 2 slides and pass ball
- 5x 5 Catch and throw of ball

OLYMPIC SEAL

- Win a Community League Event

Coach/Instructor